

ORAL HYGIENE

A JOURNAL
for DENTISTS

Edited by
GEORGE EDWIN HUNT, M.D., D.D.S.

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ORAL HYGIENE

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THE GOSPEL OF THE NEAR PERFECT MOUTH

By EVALINE WRIGHT NELSON, East Liverpool, Ohio

Reprinted from the Pittsburgh Christian Advocate

Some two years ago Miss Evaline Wright Nelson, social worker, writer and friend of the friendless, suggested the idea of a laity number of **ORAL HYGIENE**, and the November, 1911, issue was the result of her suggestion. Nearly 180,000 copies of that issue were distributed among the laity, and the resultant good, while intangible, must have been considerable. Miss Nelson has lost none of her enthusiasm for the subject, as the article below proves. Read it. She has the right idea. The new Christianity is not based on creeds and dogmas; it does not depend on apparel or forms; it follows the real Christ teaching and labors ever sanely and intelligently to make this world a better one in which to live. The Church could and should help us in this movement for better mouth conditions.

The city of Pittsburgh did not stand on tiptoe and blow whistles last November when the Odontological Society of Western Pennsylvania met at Fort Pitt Hotel. Traffic was not disturbed. Reporters were inconspicuous; there was no extra wire connecting Washington to assure apprehensive statesmen that the demonstration of the dental motion-picture play "Toothache" was a success. The new Chinese Republic felt no premonitory thrill of joy, and inland African

tribes were unconscious that a ripple of alleviating influence had started which should some day reach them.

Like other history-making incidents, it was unaccompanied by blare of trumpet; it is not certain that all of the limited audience recognized it as an epoch-marking event surcharged with beneficent possibilities for every human being, living and unborn, except the mouthless freak whose advertisement has not yet been written.

The pendulum of opinion

as to moving pictures swings from bitter, wholesale condemnation uncolored by hope to the super-optimistic faith which sees in this caterer to four-million-a-day audiences the final educator in history, geography and spiritual truth. At whatever point of the arc the reader's conviction concerning this colossal sociological device rests, he will be interested to know that the film "Toothache" are safeguarded from any advertising which might deflect from its altruistic service of disseminating knowledge of oral (that is, mouth) hygiene.

Certain types of mind are barricaded against proof that any work is performed independent of hope of financial gain. Altruism is a name only; skepticism is common that no humanitarian work is wrought unless hidden among its results is a dollar-labeled reward. A personal allusion may be pardoned: Like every other normal woman, the writer clutches a compliment when it comes her way, without too close scrutiny as to its possible exaggeration. Being introduced at a meeting of dentists recently as the "best-known woman in oral hygiene work" was an agreeable experience, for wherever it is known that the suggestion of a church-worker alive to the dire need of more publicity of this Good News, led to the publication of an untechnically-worded edition of an oral hygiene

magazine five times that of its usual forty thousand, the fact will be emphasized that the church is interested in the comfort of the human body and its perfecting. The illusion that the publishers struck a gold-mine and a big block of stock was handed the one who showed the lead, is dispelled when it is known that the extras were sold to dentists at cost and distributed gratuitously; but the question invariably asked was, and is: "What did you make out of it?" The answer is always disappointing: "Some work distributing several hundred copies, some splendid comrades in a new field of the world's work, tooth-paste samples and advertising matter addressed 'Doctor'." Even dentists cannot realize that a church-worker not a dentist may have a big vision of human betterment they are the chief factors to bring about.

Incidentally, some will profit by this movement, but not undeservedly, and to an infinitesimal degree compared to the public gain. Many dentists show the white feather when oral hygiene is named, not because they do not know its importance, or wish to withhold knowledge from the public, but from fear that ardor in this cause will be construed as an effort to advertise by unprofessional methods, and they be mistaken for fakirs. Until their courage is screwed to the point reached by medical doctors before they se-

cured medical inspection of school children in twenty-five states and the District of Columbia, and more of them are willing to risk a little contumely for the public good, their profession cannot take its rightful place.

It is not the purpose of this article to advocate dental inspection, nor to urge attendance upon "Toothache" motion-picture plays, but to point out that the church will conserve her own interests by spreading the knowledge the play imparts, and that now is the time to prevent continuance of many ills and evils dental inspection will relieve when it comes. Redemptive work is right; preventive work costs less and nets bigger profits.

The twentieth-century challenge to the church is to prove itself interested in all that concerns humanity, since it teaches that Christ is. The perfecting of man must be included. We dare not question with the "vessel of unguainly make" in Omar Khayyam's Rubaiyat:

"They sneer at me for leaning
all awry;
What! Did the hand then of
the potter shake?"

Nature and science aim at perfection of the human body; shall the church do less?

Homes of church-members are not exempt from the sorrow of tardily developed and dependent children, facial deformities, sickness and death, from scourges or respiratory diseases which the most conservative medical doctors ad-

mit are due to wrong mouth conditions. Dr. William Tindall, Secretary of the Board of Commissioners of the District of Columbia, says: "Of all the diseases visited upon the children of the third and fourth generation, none bring so much ill health as diseases of the teeth."

Few revivals escape the perennial penitent whose face, gait and clammy hand show a physical state which must be improved before moral life may be looked for or spiritual truth assimilated. Sunday-school children are drifting into juvenile courts. Morganzas and Lancasters are filled with youth the church has touched or should have reached, but one need not read far into oral hygiene literature to find that much may be done to reduce the number, and more to prevent younger children coming into these unfortunate classes.

It is vital to the church that the day-school be made to count for all it is worth; absence means a gap in mental power—loss immeasurable! There is no reason to consider Valparaiso, Indiana, unique, yet with school enrollment of one thousand in 1910-1911, thirty-seven school years were lost to the town by absence; seventy-six per cent. was due to sickness, sixty per cent. of which was clearly preventable. Eight and a half years were lost by scarlet fever alone; five months by tooth-ache. The scarlet fever epidemic ceased at once upon the righting of

the children's mouth conditions. At forty-five dollars a year, the per capita cost, eleven hundred dollars was worse than wasted, for no appraisalment may be made of the inconvenience and suffering. Indiana's loss at the same estimate was a million and a half. Stopping a leak in the home purse ought to conserve church finances. To reach highest efficiency as an organization and individuals the church should heed this matter. The experiment at Marion school, Cleveland, Ohio, clearly demonstrated that ninety-seven and a half per cent. of school children need dental treatment and counsel; thirty-seven and a half per cent. improvement in working efficiency of pupils having the worst mouth conditions was brought about by giving it.

Only two things can bar the progress of the New Humanism—selfishness and ignorance. The church is the avowed enemy of both, though a little slow sometimes in utilizing the batteries already in her possession to fell them.

With present facilities and at no expense the church can do much by featuring meetings of mothers' departments and young people's societies with readings, debates, etc., obtaining material from their local dentists. Church periodicals can create interest and sentiment by culling the really fascinating reports of school and town tests of the

practical value of oral hygiene, and encouraging their readers who are club members to place the subject in their year-books for study and debate. Deaconesses and church visitors are usually familiar with the need of it, and may do much by getting mothers to clip newspaper and magazine articles and exchange them.

No Sunday-school worker can read the full report of Marion school and not realize that if the absences of her class were investigated in the same way, a large per cent. of the sick cases could be prevented, and that the physical causes which operate to make a pupil incapable of concentration in the day-school are not dormant on Sabbath; that which promotes efficiency in the one will not fail in the other. As interest in a community deepens, it will not be difficult to meet the slight expense of a lecturer and stereopticon.

Perfect teeth are possible; the near-perfect mouth is very rare. How many church-members have their quota of teeth, and have escaped pain and loss of time and money because the teeth are not well opposed and food cannot be perfectly masticated? The time is coming when adults will expect to have thirty-two good strong, properly related teeth in a clean, symmetrical mouth. Ortho-

dontists are working wonders for health and esthetics by correcting irregularities of the mouth. Well may the church help her own membership and the world at large to attain the longevity of Moses, who "was one hundred and twenty years old when he died; his eye was not dim, nor his natural force abated." An old version, Douay perhaps, reads, "nor his teeth moved."

Relation between the mother's mouth condition and the infant; uneven teeth and mouth-breathing; smooth, even teeth and symmetrical jaws and clean nasal passages; thumb-sucking and de-

formed mouths; "baby" teeth and permanent; sixth year molar and jaw development, and the other permanent teeth; crusts and bones to bite on when the first opposed teeth appear, and the "ring" which baby uses as a carpet-sweeper and "to curry the dog and stroke the cat;" the mouth, and the white plague and other scourges; breathing which builds and keeps a nose right and chewing which makes and keeps jaws right; clean teeth do not decay; sound teeth never ache; hard food develops teeth and keeps them sound; teeth should be brushed away from the gums and toward the crowns.

CHOOSING A PROFESSION

By A. J. RICKEL, D.D.S., Northville, Mich.

Dr. Rickel has been in the practice of dentistry for ten years. He sent in the article below for publication in the *Laity* number. As I do not agree with the sentiments expressed by him I exercised my immortal privilege as editor and did not use it for the *Loiety* number. But as the views he expresses are decided and seemingly adopted after mature consideration, I am glad to publish the paper in a regular number. I wonder if there are many in the profession who feel as Dr. Rickel feels? Is the profession overcrowded? Is a dental practice such a gloomy life as he depicts? Are the material rewards less than the same man would make in other walks in life? These are pertinent questions, my brethren. What do you say?

Living, as I do, in a small town where I have ample opportunity to become acquainted with the people whom I meet professionally, I am often called upon by anxious parents of the ambitious youth for advice as to the choice of a profession. To these I invariably reply:

"The safest rule to follow in choosing a profession, is not to choose one at all. All the professions are overcrowded. It is true, of course, that there is always room at the top. But have you any reason to believe that your son has more than ordinary ability? Choose, therefore, if you must choose

at all, a profession in which there is at least a little room half way up the ladder. For, in all probability, your son will never be able to climb higher. Let him be a veterinary surgeon. Our glorious country is rapidly becoming filled with valuable animals, and while perhaps this calling is not quite so dignified as some others, still the owners of these same animals will always pay real money rather than lose their property, or the use of it even for a short time through sickness, when they would not in many cases promote the happiness and prolong the life of themselves and their loved ones by giving some of this money to the dental surgeon.

"If your son still persists in becoming a dentist, ask him these questions: Does he possess a perfectly strong constitution? One without the slightest trace of a nervous system? Does he love solitary confinement? For he will most surely be confined alone the greater part of the working hours of his professional life. A large part of his work will be performed in a so-called 'laboratory' (usually a dark, gloomy, little room in the rear of his office) at odd times when there are no patients. But even on those rare occasions when he has a patient in the chair, he will still be practically alone. For, owing to the rubber dam, or numerous other appliances, the

'victim,' should he be so inclined, will be unable to talk, save in that broken English, which my wife laughingly terms, 'the rubber-dam language.'

"Is his eye-sight perfect? And, last of all, is he a natural mechanic? Can he sharpen a knife and then sharpen a pencil with it? Can he file a saw and then saw a board straight across with it? If he cannot saw a board straight while looking directly at it, how can he ever learn to cut a tooth while looking, not at the tooth, but at its reflection in a mirror?

"Your boy has a perfectly good high school diploma. He is, however, no nearer being able to earn his own living than he was four years ago. You have been educating him to become that elusive something commonly called a gentleman. Remember, there are no gentlemen in America, or perhaps it would be better to say, that all Americans are gentlemen. You have been supporting your son for the last eighteen or twenty years. Do not make a professional man of him unless you are willing to support him for at least eight or ten years longer. But rather spend the five or six remaining years of his youth, the precious years in which his mind and body still retain the flexibility which will enable him to take on new impressions, in making a MAN of him."

DENTAWOCKY

By H. G. STEINMEYER, D.D.S., Stapleton, N. Y.

The following exquisite bit will be doubly appreciated by those of you who know your Alice In Wonderland and who love Louis Carroll. Or is it Lewis. No matter. Read Dr. Steinmeyer's "Jabberwocky" and laugh.

'Twas glyco and the thymoline
Did lehn and gysi in detrey;
All scharman was the listerine,
And the petry elgin ney.

"Beware the pyorrhocide, my son!
The pinches jaw, the caulk protem!
Beware the jiffytube, and shun
The jodoformagen!"

He took his ivory sword in hand:
Long time the supplee foe he sought.
So rested he by the colgate tree,
And stood awhile in thought.

And as in just thought he stood,
The pyorrhocide, with eyes aflame,
Came rowan through the lyons wood
And rittered as it came.

One two! One two! And through and through
The ivory blade did cleveland dent!
He left it dead, and with its head
He tetered whence he'd went.

And hast thou slain the pyorrhocide?
Come to my arms, my guedel boy!
Roscinian day! Velvo! Eckley!
He leesmithed in his joy.

'Twas gylco and the thymoline
Did lehn and gysi in detrey;
All scharman was the listerine,
And the petry elgin ney.

MASTICATION AS A MEANS OF ORAL PROPHYLAXIS

By J. F. TEUFERT, D.D.S., Yuma, Arizona

The writer believes that proper mastication of the proper kind of food would reduce dental ills. The editor believes this also and further believes that if all of you who suffer from anti-toxication due to putrefaction of proteid matter in your colons, a condition indicated by flatulency, offensive smelling foeces, languor, impaired activity of the brain, and various other unpleasant symptoms, will adopt the diet suggested by the doctor for three or four weeks, you will note a wonderful change for the better. It is not original with him and he does not claim it is.

As a disciple of Horace Fletcher I consider it my duty to point out to you the benefits of proper mastication to the well-being of the human race and especially to improved health conditions of the mouth and teeth.

It is a well known fact that the great majority of people pay but little attention to mastication and that food is bolted down and washed down, as if teeth were superfluous organs. It is also true that modern food is mostly so prepared as to require but little chewing, and the teeth are not exercised sufficiently to keep them in good condition. We all know that organs not performing their proper function will degenerate and the teeth are not an exception to this rule.

Experience has taught me that when the proper food is slowly and thoroughly masticated, the teeth do not decay and may be retained through life. This is a bold statement, but it is corroborated by other observers, who lived amongst people

where toothache and decay of teeth is almost unknown.

On the other hand, improper food, imperfect mastication, and unsanitary surroundings are responsible for decay of teeth, pyorrhea, alveolaris, gingivitis and other abnormal conditions of the mouth. There is a close relation between health, food and mastication.

Proper food is food in the natural state without the use of fire and without the modern milling process. Natural food should be cleaned by washing or peeling, and may be eaten without any dressing, spicing or flavoring by those who enjoy the natural taste of food, while epicures can have several articles coarsely ground or chopped up and served with some dressing to make the dish more palatable.

Proper mastication. This can only be done when the appetite is very strong, and it is advisable to wait until there is a strong desire for food. Every particle of food should be slowly and thoroughly chewed to a liquid

state, when swallowing will take place as an unconscious act, no effort being necessary. Any tough or fibrous particles that cannot be reduced to a liquid, should be ejected, as it would form a ballast only to encumber the digestive cells. [See note at close of article.—Editor.]

This form of mastication, called "Fletcherization," will strengthen the teeth and stimulate a healthy flow of saliva, which will bathe and cleanse the teeth and mucous membranes, and keep them free from disease.

There will be little if any use for other prophylactic measures, with the exception of clean water as a mouthwash after meals.

In conclusion I will repeat the essentials to "oral hygiene" as advocated:

- 1—Suitable, unfired food.
- 2—Fletcherization.

3—Limit the quantity of food to two meals a day, except for persons performing hard labor.

Recipes for Unfired Meals.

1—Lettuce and Walnuts or Almonds — Shell the nuts, taking care not to crush the meat. Fold some in a crisp piece of lettuce and chew to a liquid. The lettuce should be carefully washed and dried with a clean napkin.

2—Whole Wheat and Raisins—Wash the whole wheat grains and soak in water until soft, 12 hours in summer and 24 hours in winter is about the amount of time required. Wash and soak half

the quantity of raisins until soft and mix when ready to serve. This may be sweetened with a dressing of a teaspoonful of honey to a dish. Eat slowly, only half a teaspoonful at a time, and masticate thoroughly.

3—Carrots and Spinach—Take equal parts by weight of carrots and spinach, wash carefully, grate the carrots and run the spinach through the food chopper. Mix together just before use. For a dressing use equal parts of olive oil and lemon juice.

4—Lettuce and Carrots—Wash one head of lettuce and two medium sized carrots thoroughly. Cut the lettuce fine with a sharp knife, so as not to bruise it. Grate the carrots and mix all together. Serve with a dressing of olive oil and lemon juice. Do not add the dressing until ready to serve.

5—Fruit Cake—Take one part raisins, one part almonds and two parts dates. Stone the dates, wash and dry the raisins, shell the almonds. Grind each ingredient separately and then together in a food chopper. Mix well, mold into little bricks, and let stand to harden.

I could give you the preparation of a good many other dishes, but this work has been very skilfully done by Eugene Christian and Geo. J. Drews in their books on "unfired food."

"If thou but to thyself be true

In feeding and right living,
Thou can'st not be dishonest

To any other being."

—Shakespeare.

[Dr. Teufert advises that all fibrous food which cannot be chewed until it becomes liquid enough to "swallow itself" shall be ejected from the mouth. I cannot agree with him. Some bulk in food is necessary for the proper function-

ation of the bowels. A constant diet of soups or milk or other liquids, no matter how nutritious, tends to produce atony of the bowel muscles, with constipation. I would advise the thorough mastication of all fibrous matter and swallowing it. The bulk of the undigested mass is helpful in stimulating the muscles of the intestinal tract to peristalsis and is thus highly beneficial.—The Editor.]

"TOOTH ARTISTS"

By ALBERT LEVIN ROAT, A.M., D.D.S., Philadelphia, Pa.

Dr. Roat has given us a sketchy review of past and present dentistry in a half humorous way that makes it readable for your patients. He seems to conclude that on the whole the modern dentist does more harm than good and that with all his faults we love him still.

Although most every person considers a dentist with a creepy feeling of awe, nevertheless rapid strides have been accomplished in that branch of science termed dentistry. A dentist invariably suggests the word suffer, which, for instance we will consider synonymous with dentist, or conversely, we can say, a dentist relieves suffering.

We have not had these worthy practitioners with us since the flood. That is, not as they are known at the present time. Dentistry, like the pessimist, has prospered and flourished with "hard times."

Our grandparents, perhaps our own fathers and

mothers, can readily recall the blacksmith and barber as they operated on teeth, nerves and incidentally the pocketbook, for you must realize those jolly murderers never labored gratis; why should they? Besides their regular trade, they performed mouth manipulation and were a husky bunch of "pullers" in the full sense of the word.

Try to picture a twentieth century nerve weakling enter a blacksmith or a barber shop for tooth treatment? Why, it requires a real hero to do that and accomplish the feat gracefully.

If a near-hero develops a severe "jaw ache" during the night and you know the little

"germ of gnaw" invariably begins his boring process in the "wee hours," we solemnly promise ourselves a visit to a dentist the very first thing in the morning and we believe we will; but we don't. Usually the "ache bug" ceases his operation with daylight, then we forget our vow and proceed merrily on our way. We continue this same false assurance, till eventually we are driven or dragged to a dentist, or the nerve is worried to death or drowned with applied medicaments, and we get at least temporary relief.

But to get back to our first love. The average blacksmith, as I remember him, was a six-foot two-hundred pound giant; stubble bearded, grimy, red flannel shirt open at the throat, to show his massive chest; his sleeves rolled to the elbow and a bellowing voice. He'd wrestle the sufferers' head between his knees, like he does when he shoes a horse and grab the refractory tooth or one somewhere near it out of the aching jaw with a pair of black, iron tongs.

During the period when blacksmith pullers flourished, they accomplished many other stunts, for instance, sets of false teeth were carved from solid ivory. Specimens of this rare art can be admired at the museums. We must accept history for truth, if we are prepared to believe

real human beings even attempted to "chew" with a contrivance of that character. But I can assure you they did and no less a personage than the mother of our country, Martha Washington, wore a set of carved ivory teeth and lived. Of course, we don't know how long she remained to use them after they were inserted.

Over in the Orient, Japanese doctors collected occasional gratitude besides money for extracting teeth, long before America was discovered. They used their thumb and forefinger to coax the aching molar from its boney bed. We can readily believe this, since they have proven their ability to perform tricks. Remember the little stunt they pulled on the Russian bear, that sounded even more difficult at the time?

It is indeed fortunate for all concerned that some of the stunts practiced are merely ancient history. A torture method used by the Romans was to extract teeth with a "crowbar" like tool. It was about the same delicate instrument used today to load telegraph poles on a wagon. It resembled an ordinary corkscrew, except the screw point was blunt and thick. A little ratchet was fitted on the end to accommodate the different sized teeth. When a sufferer presented himself at the "twister's" castle, he bound him to a stool. The

blunt end of the tool rested against the affected pet; the ratchet slipped conveniently over it; the manipulator on the working end gave a herculean twist—Presto! The sore molar generally rolled out on the tongue accompanied by a fair amount of jaw bone.

Now, the intelligent public is not forced to submit to medieval methods, but is relieved of a refractory tooth with "pincers" or rather "forceps," which, in the vernacular of the day are termed "cold steel."

In the early 70's the "leech doctor" tried his hand at the dental game. I've been informed one or two still exist right here in Philadelphia. They usually practiced the ancient Egyptian method of heating a needle white hot, then plunging it into the affected nerve, which burned it to a crisp. The tooth was permitted to remain, till it crumbled to pieces.

This very same procedure is practiced today, with this slight change. A platinum needle is held over the tooth, electricity is switched through it—zip—if the operator's hand is steady, his nerve good, the trick is accomplished. If not, or you move your head, then other disagreeable things might happen.

The Romans and Egyptians filled decayed teeth with lead. Not the melted variety, but just cold, ordinary lead. Some of our pres-

ent day fillings look like lead, but they're not. They are a mixture of metals filed or cut into shavings, which are amalgamated with mercury to soften the mass. The surplus mercury is pressed out; the mixture packed into the cavity and permitted to harden or "set."

The traveling dentist is a historic relic, although a few still exist in the Southwest. His stunt was to drive from town to town in a mud-coated buggy, and a negro banjo artist, whose tuneful melody drew the inquisitive public about the movable platform. He sold cornucure, blood medicine and guaranteed to "pull" all the "bad" teeth, without pain, for a "quarter."

He further agreed to refund your money, which he never failed to collect before he began operations, if he caused you the slightest annoyance. Few people ever had the "gall" to admit they felt any pain. They were gratified to realize the aching tooth was out and they still lived.

Various means were used by tooth artists to advertise their ability. The horn, bell and the band have passed away. Today a dentist hangs out his shingle like any other ordinary merchant. Some appraise the public of their goods and ability with printer's ink, others by the glittering gold signs visible in smiling mouths.

Dentists don't have to

practice the cruel method of vivisection on animals, like their brethren, the physicians, to learn new theories and cures. They do it on a real, live, human corpse or "patient," as they term them. Naturally, they are not all patient, but they submit just the same.

It is not our desire to decry these worthy practitioners. On the contrary, when we suffer from an aching tooth or a swollen jaw our first impulse should be the dentist, and we should offer thanks he is not a barber or a blacksmith. If he is rough, he is usually cleaner and more polite, and besides he makes a good artistic bluff, anyway.

This twentieth century dentist is an up-to-date chap. He may have been center rush on some famous football team, a pugilist, a piano mover or a ribbon-counter clerk, but he's there to relieve your aches and does it in his own favorite manner.

He practices his art in a neat, well equipped office. In fact his waiting room, to the "first timer" is often mis-

taken for a furnisher's show room. He has studied dentistry at college beside a few other things. I might mention here that a dentist is like the undertaker—he's sure to get you sooner or later. Taken as a tribe, the dentist is a kindly disposed, benevolent respected citizen, but his tools are usually all "points." He administers "gas" to extract teeth painlessly. This often makes one laugh while under its hypnotic influence, but you generally are ready to cry, when he names his fee.

To keep his patients in good spirits at all times a music box or a silver throated canary entertains you with sweet melody all the while. His office is complete with every style electric appliance to expedite his work and save pain.

Speaking of pain, we hear and read much concerning "painless dentistry," but truthfully about our only positive painless surety is to accompany some unfortunate to a dentist and gloat in fiendish glee while they operate on him.

TWO LETTERS

EDITOR OF ORAL HYGIENE:

Relative to the article on the business side of dentistry by Dr. F. Erwin Shaffer, in August issue of ORAL HYGIENE, I should like to say that Dr. Shaffer has a rather peculiar idea of advancing his financial standing.

All will admit that every professional man must have money with which to properly support his family and educate his children, but to sap information in an *adroit manner* (as the doctor infers) from a good patient, seems to me more or less tommy rot.

Dr. Shaffer's idea seems to indicate that in order to obtain sufficient money for the various necessities of life and for future needs, one must fasten one's self leech-like to well to do patients and with an ear to the ground, listen for tips that will prove good investments for the listener.

I am quite sure that nothing annoys a good, sensible, successful man more than to have a person whose business ability is so poor that he cannot make a success of his own professional work, bother him for tips on this market and that and otherwise prove a pest.

Dentistry is a wonderful profession and for the individual who is willing to place his standards high and work toward them, each day conscientiously endeavoring to give a little better service, there will be no necessity of inconveniencing one's patients in search of business advice, as good service is always worth a fee that is commensurate and one may live comfortably and still make ample provision for the rainy day, thus justifying his technical education and the profession generally,

Yours very truly,

ERNEST GAGE SKIFF.

Sheldon, Ill.

EDITOR OF ORAL HYGIENE:

In regard to the business side of dentistry, I am a believer in the application of principles of good common

hard sense. A dentist should know about what it costs to give his services, he should allow himself a fair salary and base his charges accordingly. The idea is not that a fat turkey should be well picked.

Our good and valued patients will almost always understand and agree to a charge that is based on the actual cost of the service, but nobody wants to be overcharged. Could you say to your patient: "Now Mr. Bullion, it has taken me two hours to do this work for you, and allowing myself a fair salary I calculate the cost of the service to be \$12.00, but because you are a fat turkey we will pick you at the rate of \$24.00," and expect him to continue as your patient?

Under twentieth century conditions a dentist may not stand much chance of becoming a financial success measured by some standards. But by some other standards that partake of Golden Rule dealings and common honesty he may make a good living and provide something for the future, with pleasure enough for himself and dear ones. I know a lot of fellows who are doing it. When you can take as your standard a lot of honest millionaires (we haven't them now) I will agree that a dentist has no chance for success.

Certainly a dentist should do some charity work, but if he does some work for a

poor cuss who cannot pay and then makes Mr. Bullion pay extra, whose is the charity, the dentist's or Mr. Bullion's? Would it not be a case of trying to get credit that belonged to another?

Dentists are not such poor business men after all. It is commonly said that 85 per cent of all business men fail. If this is true it must be a sort of human family trait and not a fault to be charged to the dental profession. Eighty-five per cent of our dentists are successful measured by any reasonable standard.

My idea of poor business

would be to try to quiz the average real estate man and thereby find out about something in which to invest. More honest and desirable advice could be had from nearly any dental journal of the past year or two. If you really do not know what to do with your money, ask your banker.

It may be that the last three words in the Jewish Bible are "Get The Money," but thank goodness we are not all Jews and there are some things in this old world beside money.

W. L. HYDE.

Canton, Ill.

WHEN THE HOME BOYS PLAY

Now don't think I'm a-sayin', folks, our team's so doggone good

They'd knock th' kivver off th' ball fer Mathewson er Wood,

But just fer small town fellers—workin' weekdays, as they do—

They've licked 'bout everything they is 'twixt Vevay and Peru.

'Course you folks in th' city here has paid-off nines t' show, Whilst all our players ever git is home newspaper blow.

An' yet, withal, we're mighty proud an' bold enough t' say There's allus somethin' doin'

when our
home boys
play!

There's Monkey Dilks, at second, allus actin' up th' fool, An' Marty Glenn, th' pitcher, just come home from soldier school;

There's Oscar Mosby's boys, th' twins, one ketchin', one in right,

An' when it comes to hittin', them there twins is out o' sight.

They just keep scrappin' all th' time 'bout which one's best, you see,

An' if th' Redhead hits two sacks ole Towhead hits fer three.

There's Lusky, Lintz an' Hildebran'; McGinty, Gibbs an'
 Gray—
 All uv 'em scintillators

when our
 home boys
 play!

Our ball park ain't no garden—we've no cushions fer a
 seat—

But when it comes to peanuts, folks, oun's purty hard to
 beat.

Our uniforms ain't major league, but yet, by gravy, we
 Kin slide to second just as fast as Murphy er Magee.

Our boys steal bases ever' time they think we need th'
 score—

Why, if 'twuz stealin' they'd be jailed a hundred years er
 more!

What's that yer sayin' mister? Ye heard we lost today!
 Well, sometimes them things happen

when our
 home boys
 play!

Indianapolis News.

ORAL HYGIENE

By EARL BROOKS, D.D.S., Noblesville, Indiana

This paper was read before high school pupils, and may serve to
 help some one who has an invitation to do likewise.

The definition of the word oral, according to the standard dictionary, is something pertaining to the mouth, and the definition of hygiene is a system of principles or rules designed for the promotion of health. Then our subject will indicate that we are to discuss some principles to keep our mouths healthy.

The mouth is the gate-way to the alimentary canal and through it must pass all the food necessary to sustain life. The mouth contains

the teeth, the tongue and the organs of taste. All of our food is organic matter which is subject to decomposition under favorable circumstances. The temperature of the mouth is 98.2/10 Fahr. and is always moist. These two conditions are ideal conditions for the decomposition of organic matter. Now in the decomposition of organic matter we first have fermentation and one of the results of fermentation is the formation of lactic acid.

A clean tooth never decays, and all decay begins on the outside of a tooth. Please remember that, and if you ever hear any one say their teeth decay from the inside, you tell them they are mistaken. Now if a particle of food or organic matter is left between the teeth it ferments, and lactic acid is formed. Lactic acid dissolves the enamel and this is the beginning of decay. Hence you can see the reason that a clean tooth never decays.

There are numerous ways of keeping the teeth and mouth clean. First the kind and character of food we eat is a great factor in keeping the teeth clean. Coarser food needs more mastication to reduce it to a condition to be swallowed and that mechanically cleanses the teeth, chewing equally on both sides of the mouth keeps both sides equally clean. Foods that contain a great amount of sugar albumen ferment more quickly than those containing little sugar and albumen. Bolting the food is not only loading the stomach with an extra burden, but does not mechanically cleanse the teeth. One should chew each mouthful of food until it swallows itself or until one can not help but swallow it.

Brushing the teeth is the common way of cleansing them. Many men differ as to how many times a day one should brush the teeth. If only once a day the most important time is after the last meal is eaten or before retir-

ing, for this is the time fermentation progresses most rapidly. If one does not brush the teeth before retiring they should surely be brushed before breakfast. However, after each meal the teeth should be cleansed of all organic material. The manner in which they are brushed is quite important. A rotary motion should be given to the brush, brushing from the gums down on the upper teeth and from the gums up on the lower teeth. This cleanses between the teeth and does not tend to loosen the gums from the necks of the teeth. After brushing the teeth in the manner described the gums, tongue and palate should be lightly brushed, enough to remove any viscid mucus that clings to these parts. After the brushing a thorough rinsing is necessary.

The kind of a brush is quite important. The size of the brush should be in proportion to the age of the person using it. If the gums are firm and healthy, a medium or hard bristled brush can be used, but if tender, a soft bristled brush is indicated. The bristles should be uneven and a long tip on the end of the brush is quite effective. A person who has thick fat cheeks needs a special brush, one that has very short bristles on the end so as to get between the cheek and the back teeth. In brushing the teeth special thought should be given to brushing the back teeth on both the

tongue and cheek sides, as it is so common for one to brush the front teeth and never attempt to brush the back teeth.

The tooth-pick is another means of cleansing the mouth. It is my opinion that the mouth would be much better off if it never came in contact with a tooth-pick, especially a wooden pick, but in its place get a brushing as described. However, if you must use it I want to warn you something to never do, and that is to never insert the pick between the teeth and stuff it through until you can feel it on the inside with your tongue. This is most injurious to the gums between the teeth. If you must use a pick use a neat hard pick, free from splinters, or better still, a quill pick, and hold it almost parallel with the teeth and lightly drag it from the gum downward. After using cautiously, throw it away and never, never chew it. But better still is to never use it.

Dental floss is another means of cleansing between the teeth and if properly used is most useful. Wrap one end of the floss around the tip of the fore-finger of the left hand so that it will hold, taking the other end in the fingers of the right hand, passing it carefully between the teeth so not to injure the gum as it slips past the contact point of the teeth.

The use of powders, pastes and mouth-washes are quite commendable, but ever remember that they cannot do

the cleansing that the tooth brush should do. In a mouth in a reasonable state of health two or three times a week is all that a dentrifice should be used. All other times use plain water and a good brush.

There is one other subject I should like to take up in this connection and that is the use of chewing gum. You may not agree with me. The medical profession hold various opinions concerning the advisability of its use. The only benefit that can be derived from the use of chewing gum, is that when used immediately after eating it might be inducive to an extra flow of saliva which might be beneficial to one who bolted their food, but even this is very far fetched. If one chews their food sufficiently there will be sufficient saliva, thus obviating the necessity of chewing gum for that reason. Chewing gum mechanically cleanses the teeth to a limited extent, but it forces the gums away from the necks of the teeth, and crowds the debris under their edges, which is quite injurious and is very often inducive of inflamed gums and is very liable to predispose a disease known as pyorrhoea, which is almost, if not entirely incurable; at least its ravages are more deplorable than that of cavities. If you must chew it, use only one-half stick, which will not be great enough bulk to infringe on the gums yet create a flow of saliva.

A clean mouth is more

necessary than most people suppose. Exhaustive experiments have been made in schools of the pupils having clean mouths free from decay, and of those having decay and disease in their mouths, and in every case those having clean mouths made better grades than the

others, and after correcting the diseased conditions in those making poor grades, a marked improvement was made in their school work. This is not a mere prophesy but was the result of experiments conducted in various schools over the country.

THE TRUTH ABOUT SOCIALISM

By ALLAN L. BENSON

Socialism has been variously defined as a disease, a crime, and a sport, while the simple truth is that it is nothing but a program combined with a passion. The program of Socialism is as prosaic as that of a dog that has fleas. We merely propose to shake off the gentlemen who are riding upon our backs and relieving us of our tissue. We passionately present our program because it is a program to bring about social justice. We do not apologize for becoming somewhat in earnest in our efforts to rid the world of social injustice.

Perhaps the master fallacy of the American people is that this country contains no classes—that we are all little brothers working together to fulfill some sort of glorious mission, and that “the interests of capital and labor are identical.” If anybody can demonstrate to us that the interests of burglars and householders are identical, we Socialists shall be willing to con-

cede that the interests of capital and labor are identical. In the sense that burglars and capitalists are both engaged in the pleasant occupation of appropriating wealth created by others, capitalists and burglars are alike. They are unlike chiefly in the particulars that burglars always work outside of the law and do not have the effrontery to contend that the interests of themselves and their victims are as nearly alike as two peas.

Yet this is no new event in the world's history. Since man first learned to convert his labor-power into wealth, there has always been a struggle for its possession. This struggle, from age to age, has taken various forms.

Precisely as rapidly as the oppressed have compelled their oppressors to abandon one form of pillaging they have adopted another. In the beginning, the method was plain highway robbery. Then came the pretense to actual

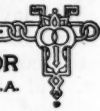
Continued on page 818.

EDITORIAL



GEORGE EDWIN HUNT, M.D., D.D.S. EDITOR

131 EAST OHIO STREET, INDIANAPOLIS, IND., U.S.A.



ORAL HYGIENE

does not publish Society Announcements, Obituaries, Personals, nor Book Reviews. This policy is made necessary by the limited size and wide circulation of the magazine.

THE LAITY NUMBER

All of the articles for the Laity Number are in type, as I am writing this, and the number looks good to me. It starts with a short allegory in which, Health, Hygiene, Disease and Death argue as to who shall have charge of a certain sick man, with Justice presiding and Truth as a witness. Then there are articles on the care of the mouth, irregularities, care of children's teeth, care of the mouths of the sick, thumb-sucking, care of pregnant women's mouths, mouth diseases of childhood, and a lot of other things. The articles are well written and were written with the lay reader in mind. I believe the issue will please you and do good to your patients.

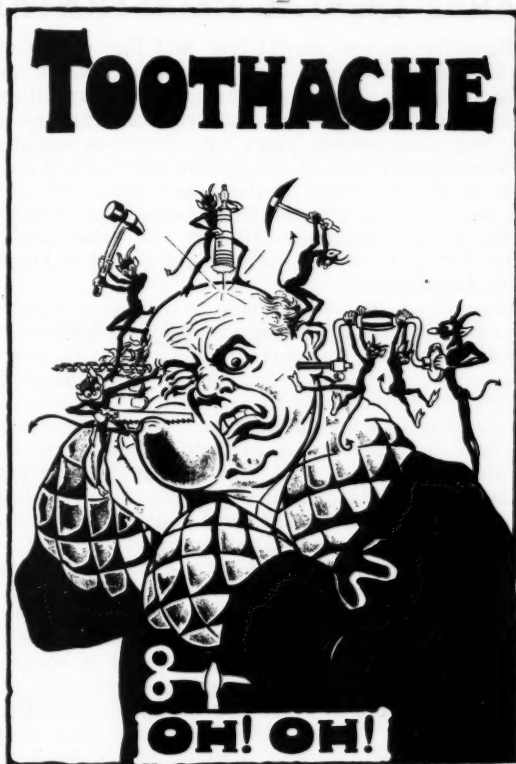
The Laity Number is no money-making scheme. It is pure philanthropy on the part of the publishers, for they make nothing from it. Copies are offered you by your local dealer, the house which sends you this magazine, at five dollars the hundred, which is five cents the copy.

The copies you will buy for distribution will contain between seventy-five and eighty pages of pure reading matter on dental topics that will be of interest and benefit to your patients. The seven pages of advertising, including the cover pages, will be devoted to advertising dental toilet articles, so you need have no hesitancy in sending them out. Each copy will come to you wrapped for mailing, and there will be no advertising on the wrapper—only a place for your name and address, if you wish to put them on.

This Laity Number plan should be of benefit to the cause, and we hope for a very large circulation of this issue. We sincerely believe we are entitled to your support in this matter, both because of our efforts and because you will be serving the cause of humanity, as well as dentistry, by sending out copies of the issue. As the issue will be strictly limited to advance orders received, I advise you to order liberally and early.

AN OUTRAGE

The Kalem Company, who make motion picture films, have put on the market a film entitled "Toothache." It is an alleged humorous film and depicts the struggle between a householder and a burglar for a hot water bottle, each



of them suffering from toothache. The film will be highly popular with hired girls and other low brows, and is typical of a class of inane, silly films that are doing so much to degrade the motion picture business.

There is no way to stop the Kalem Company from marketing this film, since the film is not even remotely related

to the original "Toothache" film, and names of films cannot be copyrighted.

The Kalem Company is advertising the film with a hideous lobby poster which I reproduce. When you see this in a lobby, you should go to the manager of the theatre and protest against the showing of the film.

YEARLY DENTAL REGISTRATION

Indiana has a new dental law, and like nearly all recent and most enlightened dental laws, it calls for annual registration of all licensed dentists. This particular law requires all dentists who desire to practice dentistry in the state during the coming year, to procure a registration blank from the secretary of the dental board, fill it out, and return it to the secretary of the board before the first of January of each year, with the fee of one dollar. For the information of those interested in this particular law I will state that the secretary of the Indiana Board is Dr. F. R. Henshaw, Indianapolis.

Whenever an attempt is made to include a registration clause in a dental law, it always arouses antagonism, often very pronounced, on the part of many practitioners, who claim to believe, or really do believe, the tax is unnecessary and unjust. I do not believe that is so.

In every state where annual or biennial registration is not required, no correct list of legal practitioners is possible. Men die, remove from the state, or quit the practice of dentistry. This is continually going on. In Indiana, with approximately twelve hundred dentists practicing, the state board has over twenty-five hundred registered. It is much better to correct the list of licensed practitioners each year.

Some of the opponents to these sections in new bills are worried over what will become of all that money paid for renewal of licenses. Well, if the board is honest, and most boards are, they would do well to spend most of it in retaining the services of some good lawyer to handle their prosecutions. The average lawyer has paid little or no attention to state dental laws, and is handicapped in the prosecution of violators not only by his ignorance of the subject, but often by his indifference. If a state board can find a good lawyer, who will inform himself on the law and on precedents and references, he will be of great value to the citizens of the state in enforcing the spirit and the letter of a dental law. So that in paying the dollar a year tax, the dentist is contributing to the proper enforcement of the law, and that is certainly the duty of a good citizen. That

the dentists are doing it, instead of the public in general, is because in our present stage of civilization the general public has not been sufficiently enlightened regarding the benefits of good dentistry to be willing to assume the burden. So the dental profession, which has this superior education, pays the bill for the present and charges it up to philanthropy.

ORAL HYGIENE LECTURES

ORAL HYGIENE is pleased to announce that Professor John W. Dowd, well known to oral hygienists wherever he has lectured, is open to accept engagements for public lectures this winter. Dr. Dowd is a good speaker, with a pleasing personality. He has a fine collection of stereopticon slides, and an interesting lecture on mouth hygiene. Societies and organizations desirous of presenting the subject of mouth hygiene before lay audiences may get in communication with Dr. Dowd by addressing him at No. 633, Nicholas Building, Toledo, Ohio.

INFORMATION WANTED

A mother with a ten-year-old, thumb-sucking child has appealed to me for advice. The child is exceptionally bright and of a highly nervous temperament. She does not mean to suck the thumb, but does so unconsciously through the day. Bitter substances under the nail and various other old remedies have been unsuccessfully tried. It seems to me there is a mechanical device made to wear on the thumb to correct this trouble, but I am not clear on the subject. Can any of our readers give us any advice that will be helpful? The child now has upper protrusion, and orthodontists tell the mother the habit must be broken before correction is undertaken. What do you suggest?

THE MOTION PICTURE FILM

Now that the hot weather is but a bad memory and vacations are over, and sunburn, mosquito bite, chigger sores and long, cold drinks have been relegated to the dim, distant past, it is about time for something to happen in the way of mouth hygiene publicity. And whenever mouth hygiene publicity is mentioned, the mind reverts, or should revert, at once to the motion picture film, "Toothache," the surest agency yet produced for interesting the public.

Several sections of the United States are as yet unsup-

plied with a film—sections that should have one. Alabama, Georgia and the Carolinas should have films. I am safe in saying that I get an average of a letter a week from those states, asking where a film may be rented. With a little effort, any dental society in any one of those states could keep a film busy. Its educational power is unlimited.

New Jersey, Delaware and the New England states could use films to advantage.

Elsewhere in this issue will be found a list of those who have films in charge. Write to the man who has a film in his care in your state, if you want to use it in your town, and if your state is not in the list, sorrow that you live in such an unprogressive state.

YOUTHFUL MOUTH HYGIENISTS

A correspondent in Texas sent us a kodac picture of his two boys, aged twelve and fourteen years, as living exponents of the material value of mouth hygiene. Dr. Magruder says, "That's the kind of boys we raise in Texas." That's the kind of boys which should be raised in every state in the Union.

Good healthy boys with clean, healthy mouths, make good, healthy men, who marry good, healthy women, who bear good healthy boys, who have good healthy mouths. And so runs the world along.

WHERE TO RENT FILMS

CALIFORNIA—

Dr. H. Page Bailey, Auditorium Building, Los Angeles, has charge of the Southern California Dental Association film.

Dr. Herbert T. Moore, 391 Sutter street, San Francisco, has charge of the State Association film.

CANADA—

Dr. Eudore Dubeau, 308 Sherbrooke, Montreal, can tell you about the Montreal film.

Dr. A. T. Broughton, 305 Markham street, Toronto, has charge of the Canadian Oral Prophylactic Association, Limited, films.

FLORIDA—

Dr. Carroll H. Frink, Masonic Temple, Jacksonville, has charge of the Jacksonville Society of Dental Surgeons film.

ILLINOIS—

Dr. Harry F. Lotz, 227 Jefferson street, Joliet, has charge of the Chicago Dental Society film.

LISTERINE

The best antiseptic for a dentist's prescription

As a daily wash for the preservation of the teeth, and for maintaining the mucous membrane of the mouth in a healthy condition, Listerine occupies a first place in dental and oral therapeutics.

Listerine is truly prophylactic, in that it exercises an inhibitory action upon the acid-forming bacteria of the mouth, and thus maintains the alkaline condition so necessary for the welfare of the teeth.

It is peculiarly well adapted to the requirements of general dental practice:

- To cleanse and deodorize before operating,
- To wash and purify the mouth after extracting,
- To treat, antiseptically, diseases of the oral cavity,
- To prescribe as a detergent, prophylactic mouth wash.

These well-established qualities have won for Listerine the highest recognition as the best general antiseptic for a dentist's prescription.

Supplies of an interesting treatise on mouth hygiene, may be had, free of expense, for distribution among patients. A specimen copy, of "The Dentist's Patient," together with an order form, will be sent upon request.

**"The
Dentist's
Patient."**

LAMBERT PHARMACAL CO., Locust and 21st Sts., St. Louis, Mo., U. S. A.

ONE HUNDRED DOLLARS vs. ONE DOLLAR AND FIFTY CENTS

WHEN you have treated and filled a putrescent tooth for one of your influential patients and received a good fee you feel fine. Two or three months afterwards your patient comes in, face badly swollen, tooth raising Cain. How do you feel then, how do you explain this to the sufferer? Does the explanation stop the pain or remove this trouble? No. A box of PUSCURE would have prevented all this trouble. This patient might be lost and hundreds of dollars of good will go with him.



You cannot realize how much trouble and worry you can save yourself by using PUSCURE for putrescent teeth, abscesses and canal filling. Why take chances when you have an absolute certainty in PUSCURE? Is it fair to your patient to use remedies that sooner or later fail?

**"There are no come-backs when you use
PUSCURE. Don't gamble, be sure."**

1 Box . . \$1.50

For sale by all dealers

WHOLESALE AGENTS:

T. M. CRUTCHER DENTAL DEPOT, Box 686, Louisville, Ky.

INDIANA—

Dr. Roy L. Bodine, Odd Fellows Building, Indianapolis, has charge of the Indianapolis Dental Society film.

Dr. George E. Hunt, 131 East Ohio street, Indianapolis, has charge of the State Association film.

IOWA—

Dr. John H. Hildebrand, Waterloo, has charge of the State Association film.

KANSAS—

Dr. Lawrence Dillman, Pittsburg, has charge of the film owned by the Southeastern Kansas and Southwestern Missouri Societies.

KENTUCKY—

Dr. O. D. Wilson, Owensboro, has charge of the State Association film.

LOUISIANA—

Dr. S. S. Grosjean, Maison-Blanche Building, has charge of the local society film.

MICHIGAN—

Dr. G. F. Burke, Stevens Building, Detroit, has charge of the First District Dental Society film.

MISSOURI—

Dr. H. W. Allen, Argyle Building, Kansas City, has charge of the Kansas City Dental Society film.

Dr. T. E. Turner, Chemical Building, St. Louis, has charge of the St. Louis Dental Society film.

NEW YORK—

Dr. A. H. Stevenson, 1202 Cortelyou road, Brooklyn, has charge of the Second District Society film.

OHIO—

Dr. Henry E. Germann, Berkshire Building, Cincinnati, has charge of the Cincinnati Dental Society film.

Dr. W. G. Ebersole, Schofield Building, Cleveland, has charge of the Cleveland Dental Society film.

Dr. L. L. Zarbaugh, 2742 Monroe street, Toledo, has charge of the Toledo Dental Society film.

Dr. T. J. Evans, 127 West Federal street, Youngstown, has charge of the Youngstown Dental Society film.

OKLAHOMA—

Dr. J. M. Temples, Tulsa, has charge of the Tulsa Dental Society film.

OREGON—

Dr. H. H. Olinger, Salem, Oregon, has charge of the Oregon State Board of Dental Examiners film.

PENNSYLVANIA—

Dr. H. M. Beck, Wilkesbarre, has charge of the Susquehanna Dental Society film.

An Expression of Confidence From a Well Known Dentist

Some of Boston's most prominent names are numbered among his patients. He writes as follows:

"The last lot of powder you sent me was given out as I told you, to those who had never used it. In my long practice I have never had but two transient patients come to me, so I look upon myself as a family dentist, and I think I have the confidence of those who come to me. I have tried very hard to keep that confidence, and when I am asked what tooth powder I can recommend, I tell them there is nothing better than Dr. Lyon's. My patients have said over and over again 'We are so pleased to have a powder that we can depend upon.' So I feel that I have been doing something for those who have given me their support and confidence all these years."

Dr. Lyon's PERFECT Tooth Powder

Prepared for nearly half a century by a
Doctor of Dental Surgery

We have said before in these pages that we regard the professional recommendation of Dr. Lyon's as invaluable to the work we are doing in the interest of Good Teethkeeping.

Our national advertising campaign—which is thoroughly educational in its treatment of the subject of sound teeth—continually co-operates with the best purposes of the dentists themselves in the preservation of the teeth.

It is largely in recognition of this that we receive so many letters from dental practitioners all over the country similar to the one published in this issue.

Send for the Complimentary One Pound Can

It is our unvarying policy to ask dentists to put Dr. Lyon's Perfect Tooth Powder to a complete test before recommending it.

At your request we will send you a large can for personal experiment.

Write us upon your professional stationery or enclose card and we will ship you the pound can promptly, all charges prepaid.

I. W. LYON & SONS
520 W. 27th Street NEW YORK CITY

Dr. T. W. McFadden, Wilkinsburg, has charge of the Odontological Society of Western Pennsylvania film.

TENNESSEE—

Dr. J. D. Towner, Central Brank Building, Memphis, has charge of the Memphis Dental Society film.

Dr. W. G. Hutchinson, Eve Building, Nashville, has charge of the State Association film.

TEXAS—

Dr. Henry L. Adler, Wilson Building, Dallas, has charge of the Dallas Dental Society film.

Dr. W. T. Beard, Hicks Building, San Antonio, has charge of the local society film.

UTAH—

Dr. A. C. Wherry, McCormick Building, Salt Lake City, has charge of the Salt Lake City Dental Society film.

WEST VIRGINIA—

Dr. A. C. Plant, Schmulbach Building, Wheeling, has charge of the Wheeling Dental Society film.

WASHINGTON—

Write the John Welch Dental Depot, Seattle, concerning the State film.

WISCONSIN—

Dr. W. W. Hopkinson, 388 Brady street, Milwaukee, has charge of the Public School Free Dental Clinic Association film.

THE TRUTH ABOUT SOCIALISM

Continued from page 809.

ownership of men's bodies, which was followed by serfdom. Afterwards came capitalism, under which a small class of men own the natural resources and industrial machinery of the world and give those who do the work only enough to enable them to come back in the morning for more work.

In fact, this dodging from pillar to post has gone on so successfully and at such great length that we Socialists should have no interest in trying to interfere with it were

it not that we remember the old story about the coon that ran from one hole to another as rapidly as it was smoked out. The coon finally came to the last hole, and was caught. We Socialists believe we can demonstrate that the capitalists have come to their last hole.

Seventy years ago, Socialist thinkers and writers predicted the coming of trusts and accurately described them as they exist today. Nobody paid any attention to these gentlemen. There was not a trust in the world. Not until more than thirty years later was there a trust in the world. But these Socialist gentlemen

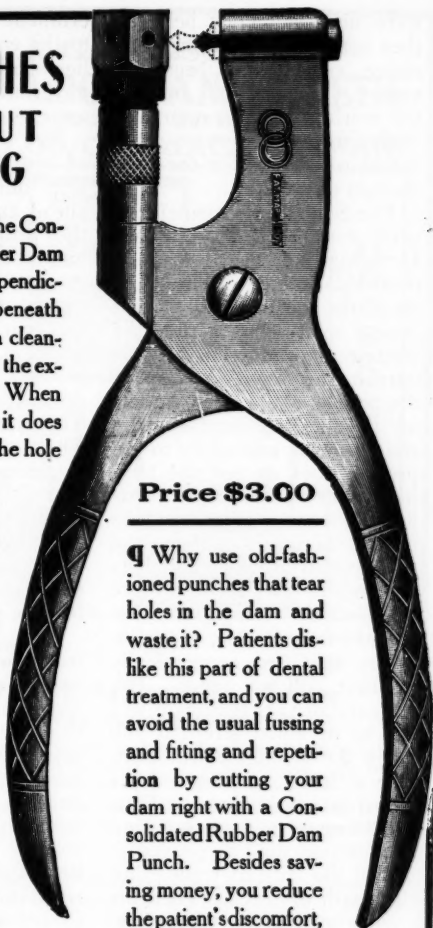
IT PUNCHES WITHOUT TEARING

THE plunger of the Consolidated Rubber Dam Punch descends perpendicularly into the hole beneath it. Thus it makes a clean-cut hole in the dam the exact size you want it. When the point descends it does not pull the dam. The hole has no ragged edges and can be stretched without causing the dam to rip.

THE Consolidated Rubber Dam Punch

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has 6 punching holes of different diameter. The cylinder can be freely turned while the dam is in place, and there is ample space to punch the widest dam at any point.



Price \$3.00

¶ Why use old-fashioned punches that tear holes in the dam and waste it? Patients dislike this part of dental treatment, and you can avoid the usual fussing and fitting and repetition by cutting your dam right with a Consolidated Rubber Dam Punch. Besides saving money, you reduce the patient's discomfort, and that is a great asset in your favor in these days.

Sold by leading dental dealers everywhere

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were uneasy. They believed they could see something. The steam engine has been invented. For the first time in the world's history, man was beginning to harness the forces of nature for the production of wealth.

The Socialist gentlemen figured it out this way: manufacturing will prove to be a profitable industry. The profits of the industry will attract capital to it. For a time the volume of production will not outrun the buying-power of the people. When the volume of production, increased by the desire of capitalists to get profits, does exceed the buying-power of the people, profits will become smaller. As profits become smaller, the competition among capitalists for profits will become more intense. As competition becomes more intense, the capitalists that are economically weakest will go under. But the capitalists that remain will not be of equal strength and again the strongest will compete with the weakest to drive them out of business. Thus the struggle will go on until competition shall be proved to be not the "life of trade," but the death of trade. Then the competitors will go about it to restore profits by combining into great corporations and ceasing to compete. In other words, they will form monopolies, primarily to end competition; having been formed, they will also be used to practice extortion. And the monopolists will use their financial power to control gov-

ernment and public opinion, to the end that their monopolies shall not be destroyed by government and public opinion.

But the Socialist prophecy of seventy years ago did not stop quite there. It looked ahead and asked: "What will the people of seventy or a hundred years hence do when great combinations of private capital own everything and rob everybody?" It was a fair question. What could the people do? Obviously they could do only one of three things. They could destroy the trusts. They could let them remain in private ownership and try to regulate them through the government. Or they could take over the ownership of the trusts, through the government, and operate them for the public good.

The destruction of the trusts was considered so remote a possibility that it was discarded. These early Socialists could not believe that the world would deliberately go back to small competitive production, with all its waste of human energy and natural resources. Nor did they believe the people would be satisfied to let the trusts remain in private hands. They did not believe the people, through the government, would be able to regulate the trusts. They believed that the trusts so long as they existed, instead of being regulated by the government, would regulate the government. So these early Socialists reached the conclusion that the people

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ALL FOR \$1.00, CARRIAGE PREPAID**

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TODAY**



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3 Doz. Ampules	-	-	-	\$2.25	ACTUAL VALUE
1 One Ounce Bottle	-	-	-	.60	
1 Cut Glass Container	-	-	-	.20	\$3.05

**You Cannot Afford to Make
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When you can buy the most widely-known local anaesthetic on the market, one that is **GUARANTEED** to give satisfaction, and has never failed, at the rate of 40c per ounce, in 24 ounce lots.

PRICES: In 1 and 2 ounce bottles: 1 oz., 60c; 6 oz., \$3.00; 12 oz., \$5.40; 24 oz., \$9.60.
In Hermetically Sealed Tubes: 1 box, 75c; 6 boxes, \$3.75; 12 boxes, \$6.75; 24 boxes, \$12.00.

Gentlemen:

I enclose \$1.00 for which send me, prepaid, 3 dozen ampules with cut glass container, and 1 ounce bottle of Wilson's Local Anaesthetic, as per your introductory offer.

Name.....

Address.....

I am now using.....
(Kindly mention Local Anaesthetic you are now using. It will be very much appreciated.)

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would ultimately be compelled to organize politically upon the basis of their working-class needs, capture the powers of government from the capitalist class, take over the ownership of all the great industries, and operate them for the public good rather than for private profit.

That is the Socialist program: government ownership of the trusts together with public ownership of the government.

Many gentlemen declare that the public never has owned the government, does not own it, and never can own it. Such gentlemen declare that if the government owned the trusts we should have such an era of fraud, corruption, deviltry, and despotism as the world has never seen.

We Socialists admit that if capitalist government should own all of the trusts we should doubtless regret that Columbus ever discovered America. But we respectfully point out to such gentlemen that they derive their views of government from the sort of government we now have and from the sort of government we have always had. We respectfully point out to these gentlemen that the sort of government we have always had, is capitalist government. Capitalist government is government by a small class for the benefit of that small class.

The kind of government that we Socialists are trying to bring about is government by the working class for the benefit of the working class.

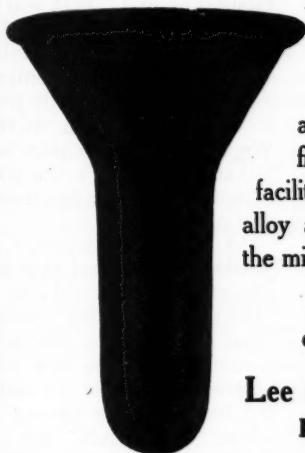
And when we say "working class" we do not wish to be understood as meaning only gentlemen who wear patches upon their trousers and work for \$1.50 a day. We mean all of those persons who are expending either mental or physical effort—or both mental and physical efforts—to bring about the production of wealth. We mean railway superintendents no less than railway trackmen. We mean everyone who is producing wealth as distinguished from those who are trying to extract profits from the wealth that others have produced.

But how do we propose to make government responsive to the will of the people, ask our opponents? It has never been responsive to the will of the people. Are we miracle-workers?

We are not. Neither are we blind. Do we not see Congress heavily peppered in both branches with the representatives of trusts? Do we not see the Supreme Court composed of nine gentlemen whom we neither chose nor can dismiss? Do we not see these black-robed gentlemen handing the trusts what they want, and taking from us what we want? Do we not see them declaring the laws we want unconstitutional, and declaring the laws we do not want constitutional?

Therefore, when we gain control of this government, as we confidently expect to do before many years, we shall call a constitutional convention and do a few things to our

The Hallenberg Mixer



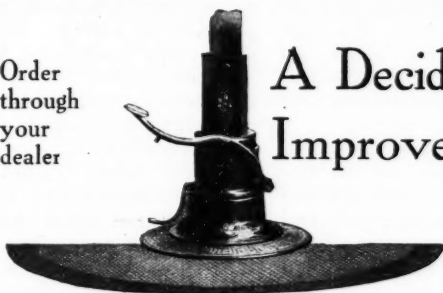
for mixing amalgam is one of the most convenient little things to have, as it is made of good rubber finely corrugated inside to facilitate incorporation of the alloy and mercury and reduces the mixing by hand just one half.

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constitution. We shall take from the President and the corporations the onerous duty of selecting justices of the United States Supreme Court and entrust this task to the people. We shall install the initiative and the referendum upon a national scale so that the people can enact any law they want that their representatives may refuse to enact, and kill any law that they do not want that their representatives refuse to kill. And we shall apply the recall to every elective official from the President down. We shall proceed upon the theory that if the people may be trusted to elect a man whom they do not know they may also be trusted to fire a man whom they do know to be bad. Doubtless we shall be very revolutionary and very incendiary in all of this, but we are going to do it. We shall expect to bring about no Utopia, but we shall expect to bring about a government that is as wise as the people.

"Ah, but the capitalists will bedevil you still," say our opponents. "They will get into office by hook or crook and put your plans all awry."

Kind Christian friends, you are wrong again. You have forgotten about the boy who wanted the core of the other boy's apple. There ain't going to be no capitalists under Socialism. Under Socialism the people, through the government, will furnish their own capital. No possibility will exist for private capitalists to exist. Government will

not be corrupted by the Senators of the steel trust because the government will be the steel trust. Had you never thought of that? Will you not please think of it again before you say that under Socialism corrupt men would dominate the government. Private profit is what makes men corrupt. We are going to do away with private profit. We are going to make things for use instead of for profit.

"A beautiful dream," say gentlemen who feel that it is almost a shame to wake us up. "Let us grant," they continue, "that government could wisely manage industry if it could become the owner of industry, but have you figured out where you could get the money to buy the trusts?"

Indeed we have. It is a poor trust that does not make an average net profit of 10 per cent. per annum. Most of them make much more. When we gain control of the government we shall enact laws compelling the trusts to sell to the government at prices that represent actual values; no wind, no water—just values. We shall not try to buy all the trusts at once. We shall acquire them one at a time and take over the reins of one before we grasp for the reins of another. And to all of these trusts we shall give in return for their properties United States bonds payable in 50 years. That will spread the cost of the trusts over two and a half generations. Then we shall establish a sinking fund and put into it

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each year two per cent. of the face value of the bonds. We shall also establish sinking funds to provide for deterioration, but that will be a private matter among ourselves and need not concern the trusts. And we shall get the money we put into these sinking funds by selling goods at a little more than two per cent. in excess of what it costs to produce them. In other words, we shall make the trusts pay for themselves. And while they are paying for themselves the people will be enabled to buy goods almost at cost instead of paying the exorbitant profits that the trusts now exact.

At any rate, such is the substance of the plan that Representative Victor L. Berger embodied in a bill that he introduced in Congress, and without doubt some such plan will be ultimately adopted. Only one development can prevent it. If Socialism shall be too slow in coming, the tyranny of the trusts will undoubtedly compel the people to confiscate them, precisely as Lincoln confiscated the slaves. Henry Clay, twenty years before the Civil War, wanted the government to buy slaves at double their market price and thus avoid the war that he saw coming. But the slave owners did not want to give up their good thing. So their good thing was taken from them by a very good man, and they received not a cent of compensation. We Socialists prefer to pay—and we know how we

could pay. We want no war. We live here, and we want this to be a good place in which to live.

The truth is that we have no faith in any man who represents and defends the capitalist system of industry. When we see a burglar mending a victim's roof or a tiger feeding its prey we shall be prepared, at any time, to behold the more marvelous spectacle of the capitalist class committing suicide for the benefit of the working class. In the meantime, we shall continue to devote such energies as we may have to the task of destroying the capitalist system of industry.—*Hearst's Magazine.*



YOUNG HYGIENISTS

Or Change His Name.

We would suggest that D. F. Dambauld, who visited in Carterville the other day, try a hair tonic.—*Kansas City Times.*



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Reported by H. L. Cruttenden, Northfield, Minn.

Reforming the Soap Man.

Boys, did you ever try to "break the bank," or get the best of a street fakir, by trying to beat him at his own game?

Well, it is ticklish work, but I helped a fellow once to go out of business. I did not go into the deal to get rich quick myself, but as a kind of reformatory feeling I had for the young man.

It happened this way: A fellow came to town, hired a livery rig and took his stand just under my office window; he had a small trunk on the seat, and on top of that he placed a small open grip which contained his goods, and started right in to do business.

He had prepared before hand his stock in trade, by taking common laundry soap and cutting it up in small pieces about a quarter of an inch square by three inches long; each of these pieces was wrapped up nicely with paper with the ends twisted, and in many of them he had placed a paper bill, of one,

two, five and ten dollars.

He was not at all backward in telling the beneficial results of using soap, but paid more attention to the little surprises he had in store for them if they would buy; some would buy and draw a bill and some would not; when sales began to lag he would urge them, saying they would be sorry; then before the eyes of the crowd he would show a five that they had passed up. Then business would liven up, and each sucker as he opened his package, would have another surprise, the most of the time get nothing but soap, so the quarters went in and the soap went out, with once in a while a bill to cheer them up, and every time there was a cheer business would improve.

I watched him for a time from my window, and noticed he had a small pile of packages in a separate place from the rest, and when any that were loaded were bought they always came from that pile. So I told

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those that are shown here in our No. 58 Cabinet are mostly last year's models and we are going to put them out below cost in order to move them quickly.

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the boys down about the wagon not to buy until I gave them the tip; then you should have seen them scramble for the goods.

Strange to say with all his pleading and promises of surprises he had in store for them, they did not buy unless your uncle told them to. The poor fellow began to sweat under the collar, began to look about to find the cause why his pile of bills got low and the other supply did not decrease. After a while he caught me looking out of the window, and said he had better change his base, but it was too late, he needed me to help him do business. He struggled for a while, and as he had used up his pile of bills, and lost me for a partner, he took what small change he had to pay for his rig, and left town on foot, for he did not have enough to buy a ticket.

Well, I am glad to say my work was not in vain, for the young man did reform. About two years after, a fellow set up a stand under my window. He had a lot of canes he wanted to give away. All you had to do was to put a ring over the cane you wanted, and he gave it to you. I did not recognize him, but he did me, for he smiled when he saw me and said, "This is no soap game, but the straight goods. You can watch it from your window if you wish." So you see I did some good in reforming that

young man to nobler things in life.

"Cast your bread upon the waters, it will return after many days"—if it don't get soaked.

Chip of the Old Block.

The dentist that I studied with, had among his many friends a set of fellows that would meet at night and "gamble on the green." Among those friends was a man we will call Mr. Rich.

Mr. Rich came into the office one afternoon after school with his son, a lad of about twelve years of age, a picture of health, and nerve, a regular rough-and-ready kid. He informed the doctor that the boy wanted to have a tooth out. The lad took the chair readily enough, but when the request was made to "open wide" he failed to connect. He shook his head and said he had changed his mind. His father said, "Come, Willie, that is a good boy, open your mouth and have it out, and I will give you fifty cents." The lad said he would, then changed his mind again, and fifty more was added to the bid, and so it went on, for every change of mind another fifty cents in change was added. This kept up until the sum had reached two dollars as a reward of merit. Then there was a change all around. The father jerked off his coat, rolled up his sleeves, and said, "By the jumping John Rodgers, boy, if you

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True! And VELVO-PHENOX does not depend upon either arsenic, formaldehyde, cocaine or carbolic acid to do the work.

Now, we want all doubters to send us their professional cards and request a package on 30 days trial. If VELVO-PHENOX doesn't convince, return balance of package. Otherwise, remit us \$1.50. And to-day is a better time than next week.

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do not have that tooth out I will warm your jacket so you won't forget it right away."

The boy braced up and said, "Pa, will you give me two-fifty?" His father said, "Yes, Willie, I will if you will be good." Then the boy put back his head, opened his mouth, and had it out without a shudder. With a smile on his face, he hit the old man for the dough, and he got it.

The next day the boy's mother told the doctor, "Willie came home with the tooth and \$2.50 in his pocket—said he worked Pa until he got mad, then he thought it was time to call him." She added, "I think he is a chip of the old block."

That boy is practicing dentistry now.

Little Deeds of Love.

The last story reminds me of another about my old preceptor. He was a very fine looking gentleman, always looked as if he was dressed to sit in the parlor and receive company, a regular darling, one of the kind the ladies like. I remember on one occasion he was arrayed in a snow white operating coat, white tie, expansive shirt front with a big diamond in it, and a smile on his face that could not come off.

In came a large, buxom, colored woman, and allowed she wanted a tooth jerked, and "wanted to have some of that sweet-scented wind."

The doctor asked if it was gas she wanted. She said: "I recond that is what you call it." Well as he had a kind heart, and quite a bill for laundry work at her place of business, he consented to do it. He gave her the anesthetic and got the tooth out all right. The blood was streaming down her sable chin, and we were trying to have her expectorate in a dish for that purpose when with returning consciousness her eyes lighted up, she threw both arms about the doctor's neck, and smothered him with kisses, saying, "Oh! Honey! Honey! Honey!"

Just then I thought of the vulcanizer in the laboratory that needed attention, and I withdrew. Such scenes are so affecting.

Habits.

Did you know we are often the servants of habit, and some of us are its slaves? A bad habit is hard to break, and a good one never needs it. We dentists have a good many habits hanging about. They have grown up with us, so we hardly know we have them.

My old preceptor had a habit that was very noticeable to any one but himself. When he was operating in a patient's mouth, he would say in a quick and stammering way, "Open—open wide." Now this would come out so natural and often, that the patient would seldom heed it, and he him-



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self would not know he had said it. I often told him of the habit, but he said I was mistaken, that he never made the request unless he meant what he said and there was need of more room in which to operate.

One day the doctor extracted a tooth for a patient, he was the editor of a local paper. After it was out the doctor suggested that he be permitted to fill the tooth and replace it in the jaw again. This was consented to. The editor went to his office to write an item for the next paper on the great advance in dental science.

We went to work on the tooth. We were seated at a table, the doctor with the tooth in one hand and a plugger in the other, and your uncle with a sledge hammer

in both hands malleting in the gold. That was the time of my life. I could go to sleep if I wished and hit as hard as I might; I got no kick from the patient or operator, for the former was a number of blocks away.

Well everything went on fine. We thought it a good way to fill teeth. You did not have to use the rubber dam, and if you wanted to you could cut out the rubber with no offense to the patient. But it got a little monotonous after a while, then suddenly the doctor broke the stillness by saying, "Open—open wide!" I began to laugh, but he could see no joke, said he never said it, and that if he did, it was because I got in his light so he could not see plain.

SLAUGHTER OF THE INNOCENTS

"Throughout the civilized countries of the world hundreds of thousands of infants are, year in and year out, simply murdered by being fed upon cow's milk,—nay, worse than murdered,—slowly tortured to death."

This message from Bunge, one of the world's greatest physiologists, should at the beginning of the hot months of summer impress every mother with the tremendous responsibility which rests upon her. During the winter months that responsibility may be shifted to the cow with less disastrous effects.

But cow-feeding of infants in summer is more than disastrous; it is, as Professor Bunge says, murder, and because it is murder it is criminal when it may be avoided. Three hundred thousand babies die annually in the United States, one-tenth of the entire baby crop. Almost a thousand babies a day sacrificed to ignorance.

No animal has yet been found that possesses the right qualities for a wet nurse for the human baby. Professor Bunge has studied not only cow's milk, but also that of other animals, and he shows

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unquestionably that the milk of each species of animal, while admirably adapted to feeding the young of its particular species, is wholly unsuited to the young of other animals.

Cow's milk, for instance, contains more protein by 200 per cent. than a baby should have. In the case of lime the excess is still greater, being three and one-half times the needs of the child, while mineral acids are in excess by four times the required amount.

Or put it in another way, cow's milk is intended for an animal that doubles its weight in seven weeks. The human infant requires six months to double its weight. Rabbit's milk contains three times as much protein as cow's milk, and five times as much lime and phosphorus. The infant rabbit doubles its weight in six days. It is on this account that Bunge says:

"The milk of one species of mammal cannot be substituted for that of another without injury to the offspring, and above all, the milk of the cow cannot supply the place of human milk."

The child that is bottle-fed is bound to prove a weakling, and easy prey to diseases of childhood, and an heir to the many diseases of adulthood—provided adulthood is reached. And—there is always the possibility of degeneracy, which Bunge and others have shown to be one of the fruits of bottle feeding.

There are many mothers

who cannot, of course, nurse their babies (for her there is always the wet nurse), but for one mother that cannot nurse her child there are a thousand who can but will not, and it is these to whom all babyhood appeals at the threshold of summer, when the dangers of milk feeding are particularly rife, to be saved from an annual slaughter that in comparison makes Herod's slaughter of the innocents pale into utter insignificance.—*Good Health.*

"HERE'S A SKULL, NOW"

Some bits of cranium and a mandible constitute the Piltdown skull, which is causing such a lot of trouble. What was hailed with unmixed joy by the comparative anatomists when it was dug up in Sussex a few months ago is now literally a bone of contention. It is agreed that it is an old skull belonging either to the Late Pliocene or to the Early Pleistocene period, as likewise that the shape of the jaw makes it impossible for the original owner to have talked. The argument is about the size of the brain. Professor Keith and Dr. Smith Woodward have each "reconstructed" the skull, and their results differ. Professor Keith makes the brain as large as that of a modern man, and decides that it belonged to a human being whom he calls *Homo Piltdownensis*. Dr. Woodward, who has found

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Or are you making that fatal mistake of allowing your office to become less attractive to the public? Remember that this same public, Aristocrat and Proletariat alike, demand up-to-dateness in the place they patronize, be it store or office. The bright, new place attracts attention from the moss-grown establishment. If your business has not shown a natural increase, don't ascribe the falling off to your advancing years or the advent of more competition. Remember that



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the brain considerably smaller, takes strong exception to this name, and has classed the skull as that of a new genus, *Eoanthropus Dawsonii*. The Germans approve of neither construction. So we have all the makings of quite a pretty argument. As befits so solemn a subject the discussion is being carried on at considerable length, and with commendable restraint. Of course, one of the greatest benefits that these discoveries confer on us is that they give us something new to talk and write about. So let us take sides and be savage while there is yet time, for tomorrow someone will dig up a new old skull and the Piltdown specimen will sink into oblivion as deep as the gravel whence it came.—London Dental Surgeons.

Quite Another Thing.

"What makes you so sleepy today, old man?"

"I was up at 4 this morning."

"Come off! You never got up at 4 in your life."

"I didn't say I got up. I said I was up."—Boston Transcript.

The Editor's Guess.

A leading citizen in a small town was suddenly stricken with appendicitis and an operation became necessary. The editor of the local paper heard of it and printed this note about it:

Our esteemed fellow-citizen, James L. Brown, will go to the hospital tomorrow to be operated upon for the removal of his appendix by Doctor Jones. He will leave a wife and two children.

A COMPARISON

The following striking comparison is from *The Road from Jerusalem to Jericho* (*Good Housekeeping*), a plea by Frances Duncan for votes for women on the ground that woman is the ideal Samaritan; man the priest and the Levite who at the present time alone has the power, but lacks the inclination, to stoop to care for the injured by righting social wrongs, especially those affecting women. Miss Duncan tells of a haunting drawing by Frederick Remington:

The central figure is that of a man who has been taken by a band of Indians; four or five of his captors are about him, and you see the relentless faces lit with the grim joy of capture. Around the man's neck a noose hangs loosely; about him he sees only the inexorable faces, the wide stretch of the plains, the silences in which there is no help. The man looks past the plains into the ghastly future that is just ahead. The picture is called "Missing."

In this country hardly a day goes by but in it is enacted a tragedy worse than that of Remington's picture; and it's called by the same name. Take up a paper almost any day in New York and you read of the disappearance of a girl of fourteen or fifteen or sixteen, or of the suicide of a girl who has been caught in the horrible undertow from which, as far as society is concerned, there is no return. Within the last year, on the various routes between New York and Chicago, no less than nine hundred and sixty girls have disappeared.

Mrs. Alleway—Don't your 'usband wear his 'air short!

Mrs. Slummey—Yus, the coward!

Dentist Coats

The Kind that Satisfy

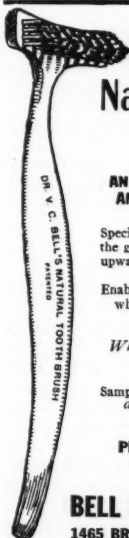


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THE BRAVE MAN'S PRAYER

The following was sent in some time ago, but the name of the sender has escaped the Editor. It has a familiar sound, but I cannot place the authorship. It is, however, good enough to print for its own sake.

"O Powers that be, make me sufficient to my own occasions.

Teach me to know and to observe the rules of the game.

Give me to mind my own business at all times and to lose no good opportunity of holding my tongue.

Help me not to cry for the moon, or over spilled milk.

Grant me neither to proffer nor to welcome cheap praise; to distinguish sharply between sentiment and sentimentality, clearing to the one and despising the other.

When it is appointed for me to suffer, let me, so far as may humbly be possible, take example from the dear well-bred beasts, and go away quietly, to bear my suffering by myself.

Give me to be always a good comrade and to view the passing show with an eye constantly growing keener, a charity broadening and deepening day by day.

Help me to win, if win I may; but—and this, O Powers, especially—if I may not win, make me a good loser. Amen."

Simplified Spelling.

"There's a dead horse in Kosciusko street," announced a Brooklyn patrolman, coming into the station after his day on duty.

"Well, make out a report," ordered the sergeant.

"Why, you make out the reports, don't you, sergeant?"

"I don't. Make out your own reports. You've passed your civil service examinations."

Mike equipped himself with pen and began scratching laboriously. Presently the scratching stopped. "Sergeant," he asked, how d'you spell Kosciusko?"

"Gwan. You're writing the report."

An interval of silence, then. "Sergeant, how do you spell Kosciusko street?"

"Stop bothering me," the sergeant ordered. "I'm no information bureau."

Pretty soon the patrolman got up, clapped on his helmet and started for the door.

"Where you going?" demanded the sergeant.

"I'm goin'," said the patrolman "to drag that dead horse around into Myrtle avenue."

Ingratitude.

When Lord B— died a person met an old man who was one of his most intimate friends. He was confused, awe-stricken. Everyone was trying to console him, but in vain.

"His loss," he exclaimed, "does not affect me so much as his horrible ingratitude. Would you believe it? He died without leaving me anything in his will—I, who have dined with him at his own house three times a week for thirty years."—Life.